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Sunny's Story:

A Cure for Cushing's

by Louisa Barton



About three years ago, Sundance (a.k.a. Sunny), who at the time was 26 years old, started exhibiting some outward signs of metabolic problems. Fat deposits started to develop on his body, including the cresty neck, a large fat deposit on his rump, and his sheath area was very swollen, as if he had been stung by a whole hive of bees. It was so swollen it looked as though you could pop it with a pin.

More noticeably, he began to urinate a lot, so much, that if he was in a stall for five hours or so, he would soak the entire stall. He was giving all the signs and had almost every symptom of pituitary pars intermedia dysfunction (PPID), or what is commonly known as “Cushing’s.”

The veterinarian was called to run an ACTH test to see if Sunny was indeed suffering from PPID at the end of 2014. The test came back at a very high “293.” High-normal on the ACTH for a horse is “35,” so Sunny’s results were, at the onset, almost ten times the normal level. With all the other symptoms that Sunny had, the blood tests in hand indicated that he was indeed suffering from Cushing’s. Given the results, we wanted to make him comfortable, so he was given a prescription for Prascend®.



Sunny on Prascend Rx daily with an ACTH of 293. Still rideable, but depressed at times and much less active when ridden.

On the prescribed dose, Sunny was not doing well; he was lethargic, depressed, could not be ridden. None of the visual signs of Cushing’s were going away. The urination was still excessive, his sheath still swollen, the fat deposits remained, and he had to be body clipped because he did not shed out like other horses.

Sunny’s caregiver was not happy, felt like she was losing her horse, the love of her life, her horse for 22 years. So she started doing research on a more natural approach to help him. There were many web sites and articles but she continued to be led back to Earth Song Ranch, a holistic and natural-minded company offering many herbal products for various horse health issues, with an 18-year-long track record of helping improve equine health, naturally.

At the end of 2015, caregiver Louisa Barton, host and executive director for NBC Sports Horse Talk Radio, in Ocala Florida, reached out to Jessica Lynn at Earth Song Ranch in California asking for help for her Sunny, any help. Sunny’s diet was reviewed, all of it, from his hay, bag feed, supplements, feeding program, et al. Changes were made, including taking him off a

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Results Recap/Timeline

	BEFORE	AFTER
ACTH LEVELS	293 (High-normal is 35)	27
SYMPTOMS	Odd pattern of hair growth and length; Fat deposits; Cresty neck; Swollen sheath; Excessive urination	Hair coat and growth, body fat, neck crest, sheath, and urination normal
DIET	High sugar, concentrated	Low sugar



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Treatment Timeline

- Cushing's Diagnosis: end of 2014/ beginning of 2015
- ACTH Levels: 293 (High-normal is 35)
- Prescription/Duration – Prascend for 1 year – with no positive results
- Natural Herbal Approach/Probiotics & Digestive Enzymes et al./ Duration – Cushing's Support Herbs for 4 months ACTH Levels March 2016: 27
- Results: Normal, Cushing's-free

concentrated bag feed, adding milk thistle to his bucket feed for a couple weeks to detox his liver, then giving him a whole food in place of the concentrated bag feed, with all natural ingredients including ground flax, rose hips, kelp, timothy pellets, adding probiotics and digestive enzymes, a daily tea of chaste tree berries, and an herbal blend specifically formulated for Cushing's/ IR/ metabolic horses, which included ginkgo, fenugreek, and other herbs. To all of this was added a hanging Hay Pillow® slow feeder so that Sunny had continuous hay, would feed more naturally, and would not have sugar spikes.

The caregiver also changed from giving the usual chemical wormers every six weeks to having fecal counts performed by her vet quarterly and only then giving Sunny an herbal wormer (if needed) in place of a chemical.

She also stopped the prescribed Prascend on her own, without vet advice, after starting the herbal program, as she felt it was not helping her horse.

Within a few weeks, Barton noticed that Sunny "brightened up," he wanted to come out, be turned out, and do more. She started to lightly ride him in the arena. She also noticed that, with the changes that were made to diet, including adding the probiotics and digestive enzymes, Sunny seemed to be absorbing more of the vitamin supplements he had already been on for quite some time. His joint supplement, which was added again after a month or so on his new program, seemed to be helping more as well.



After a couple of months using the Cushing's support herbs, tea, and kelp, Barton noticed that Sunny's sheath was no longer swollen and actually had normal wrinkles in it. The fat pocket on his rump had gone almost completely, the neck crest had gone back to a dipped-in area, and he was willing and eager to be ridden. He was able to canter again for the first time in years.

After four months on the new feeding and herbal program, and after weaning Sunny off the Prascend, seeing all the visual changes to his body, the caregiver then decided to have his bloodwork rechecked and make sure he was still maintaining a safe level. She called the same treating vet out for the ACTH level recheck. The result was 27! The vet was stunned when Barton shared the story of taking her horse off the chemicals and changing his diet with the results being a healthier horse, one with no outward signs of Cushing's, one she could again ride, and now with blood work showing her horse no longer had an ACHT of 293 but of only 27!

So from a high of 293, to a low of 27, the vet told Barton her horse could no longer be diagnosed as a 'Cushing's' horse. He was cured!

Louisa has said, and continues to tell her listening audience, "I will continue to use the Earth Song Ranch products, that have been so effective, the herbs the probiotics, the enzymes, and will continue to provide him with a more natural feeding program. My hope is that Sunny can continue to live out a healthy and long life. I have owned Sunny for 22 years and I am eternally indebted to Jessica Lynn at Earth Song Ranch for her help and her advice. She has provided what has become the cure for Sunny and the Cushing's disorder he was diagnosed with and has given a new lease on life back to the 'love of my life'!"



Above: Sundance (a.k.a. Sunny) approximately 1 year ago with full blown PPID/Cushing's with fat pockets, hair at uneven curly lengths, cresty neck, and a hugely swollen sheath.



Above: Current photo taken the same week that the vet re-did ACTH test. Result of ACTH after 4-5 months on Earth Song supplements is now 27. The veterinarian can no longer diagnosis Cushing's for Sunny. With symptoms gone and current bloodwork, Sunny is cured!



Above: Sunny, in this photo taken April 16th, 2016, shows him happy, alert, and even fitted with a new saddle as his fat pockets are gone.

I hope this story spreads to all corners of the globe, so that others who have horses with metabolic disorders or the diagnosis of PPID (Cushing's) can get help too, in a more natural way, have hope and know that there are many herbs available to help Cushing's/ metabolic horses. If necessary diet changes are made, horses are given more exercise, a more natural approach is taken in regards to horse health, they can also be helped. ☺☺

About the author:

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Cushing's/ Metabolic Support Kit – Earth Song Ranch

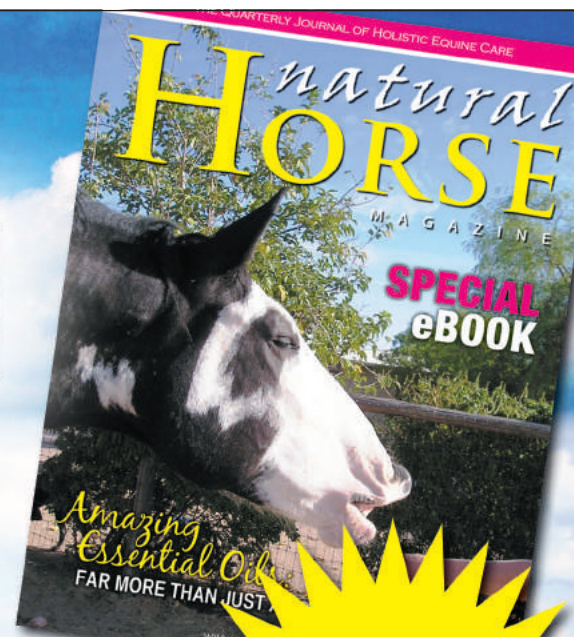
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